



Wild Maine Blueberry Pie Smoothie

Wild Maine Blueberries are the featured ingredient for May's Harvest of the Month. This smoothie has all the flavors of a slice of blueberry pie ala mode, but is undeniably healthier!



School yield:

For larger amounts, increase ingredient amounts based on blender capacity

Home yield: 2 smoothies

Ingredients:

- 1 cup frozen wild Maine blueberries
- 1 ½ cups milk (any kind is fine!)
- ¼ cup oats
- 2 Tb maple syrup or honey
- ¼ tsp nutmeg
- ½ tsp cinnamon
- ¼ tsp salt
- 1 banana

Directions:

1. Combine all ingredients in blender and blend on low, then high until smooth
2. Enjoy immediately! Schools: if you are packaging to be consumed later, these smoothies are best offered within one day of blending. Keep chilled in refrigerator and encourage students to shake/mix - separation is natural!

